

The Breastfeeding Club



What our moms have to say
about club. . .

"The Breastfeeding Club is my chance to
escape for a while and have grown-up
conversations with other moms."

"I love that I can go to club and get advice
from other moms on parenting and
breastfeeding."

"The Breastfeeding Club has given me the
opportunity to build relationships with other
moms. It feels like family."

Club Coordinator
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1-888-MSUE-4MI
www.baycounty-mi.gov/MSUE/BFI

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Putting Healthy Food Within Reach

This project has been partially funded with Federal funds from the United States Department of Agriculture's (USDA), Food Stamp Program by way of the Michigan Family Independence Agency and the Family Nutrition Program at Michigan State University. The Food Stamp Program provides nutrition assistance to people with low income. In Michigan, you can call the Center for Civil Justice Food Stamp hotline (1-800-481-4989), or your local Family Independence Agency office listed in the county government (blue) pages of your phone book.

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of
Bay County

**Come and Be a Part
of Our
Supportive Family**

**MICHIGAN STATE
UNIVERSITY
EXTENSION**



THE BREASTFEEDING CLUB OF BAY COUNTY

Are you interested in

FUN

MOM TIME

SUPPORT

ENCOURAGEMENT

FRIENDSHIP

EMPOWERMENT

But most of all:

Taking some time for yourself



We would love for you to join us at Breastfeeding Club. Our purpose is to support moms and moms-to-be with breastfeeding, parenting, and other personal goals. The club meets monthly and is a great opportunity to share ideas with other moms, encouraging and helping each other to feel their very best. Think of it as time out of your busy day to pamper yourself. There is no cost and everyone is welcome.

Meeting Times

Fall & Spring

The 2nd Tuesday of the month at 7:00 p.m.

Location: Bay County Building, 3rd floor

515 Center Avenue, Ste. 301

Bay City, Michigan

The 2nd Thursday of the month at 1:00 p.m.

Location: Bay County Health Department

1200 Washington Avenue

Bay City, Michigan

Childcare provided this site only.

Summer

We meet once a month. Usually the second Thursday of the month. Check our Web page for

up-to-date schedules at

www.baycounty-mi.gov/MSUE/BFI